

Medicine Cabinet Checklist

- ☐ Paracetamol and ibuprofen, for fever reduction and pain relief
- ☐ Adhesive tape
- ☐ Allergy eye drops
- ☐ Antibacterial ointment, for minor cuts and burns
- ☐ Anti-diarrhea medication
- ☐ Antifungals, for diaper rash
- ☐ Bandages in a variety of sizes
- ☐ Antihistamine, for allergic reactions
- ☐ Calamine lotion, for minor skin irritations
- ☐ Children's-strength cough syrup
- ☐ Children's-strength decongestant
- ☐ Cotton balls and swabs
- ☐ Disinfectant (such as Savlon or Dettol) and alcohol wipes, for minor cuts and scrapes
- ☐ Dosage spoon, syringe or cup, for measuring and administering medications
- ☐ Gauze pads in a variety of sizes
- ☐ Hydrocortisone cream, for insect bites and stings
- ☐ Hydrogen peroxide, for minor cuts and scrapes
- ☐ Insect repellent
- ☐ Nasal aspirator bulb
- ☐ Petroleum jelly, for minor burns and abrasions
- ☐ Soap, for disinfecting cuts
- ☐ Sunscreen (SPF 15 or higher; do not use on infants under 6 months old)
- ☐ Activated charcoal, for accidental poisoning (syrup of ipecac is no longer recommended)
- ☐ Digital thermometer, for taking temperature
- ☐ Tweezers, for removing splinters or ticks (sterilize before use)